



A MINUTE OF HEALTH WITH CDC

Protect Your Brain

Brain Injury Awareness Month – March, 2013

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Recent high-profile cases among professional athletes have called attention to the serious problem of traumatic brain injuries, or TBI, but the problem isn't limited to playing fields. In 2009, at least three and a half million people in the US sustained a TBI, either with or without other injuries. Falls, car crashes, and being struck by an object are the leading causes of TBI. Males have the highest rate, and people 75 or older with a TBI are more likely to require hospitalization and to die. Early diagnosis and treatment of TBI are important to prevent long-term problems. If you or someone you know has suffered a blow to the head, seek treatment immediately.

Thank you for joining us on *A Minute of Health with CDC*.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.